Sweeten your salad

Toss some strawberries, cinnamon almonds with spinach PAGE 13

YOUR GUIDE TO COMIC-CON

HOLLYWOOD'S TAKING OVER SAN DIEGO WITH ZOMBIES, A HOBBIT AND MUCH MORE PAGE 9

OTTAWA metro®

Tuesday, July 10, 2012

News worth sharing.

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Hoedown cancelled

Festival. Promoter vows to stage another Hoedown in 2013, says refunds to come through credit cards

JOE LOFARO
joe.lofaro@metronews.ca

The embattled Capital Hoedown country-music festival is officially cancelled this year.

Denis Benoit, president and CEO of Concert International, made the announcement Monday afternoon in a written statement to the media and said refunds should be given out within one week.

"If you do not see the refund on your statement within one week, we ask that you contact your credit-card company," Benoit said in the statement.

He cited higher-than-expected costs from the city, up-front production expenditures and lower-than-anticipated ticket sales as factors in the decision to cancel the event.

"Combined with the high media attention and the city's denial for a new event permit, it created a confidence issue among our ticket buyers and supporters," Benoit said. "We were left (with) no choice but to cancel this year's event.

"Our heartfelt apologies for the inconvenience go out to all the ticket buyers, supporters, sponsors and partners."

After Benoit failed to meet a payment deadline with the city to host the festival at Walter Baker Park, several acts like Reba McEntire and Taylor Swift removed the festival from their websites' tour-date pages.

On June 11, Benoit announced the festival would move to a ranch in Stittsville, but the city ruled that the location was not zoned for festivals.

Ticket holders were left in the dark for several weeks about the status of their refunds, where the event might move to and whether the event would be cancelled.

Benoit did not respond to Metro's requests for an interview Monday.

Follow Joe Lofaro on Twitter @giuseppelo

Denis Benoit, president and CEO of Concert International, announces the lineup for the 2012 festival at The Crazy Horse in Kanata last November.
JOE LOFARO/METRO

CLASSES STARTING MONTHLY

Legal Assistant

NEW PROGRAM!

Program Objective

This program prepares you to become a vital and valued member of a legal team in a variety of work environments such as law firms, legal departments, governments and financial service companies to name just a few! Strong administrative skills combined with an excellent foundation of legal and procedural knowledge allows you to help the legal team to function smoothly and efficiently.

Career Opportunities

Numerous career opportunities exist for Legal Assistants. Law offices, courts, financial organizations, insurance companies, Police and armed forces are but a few of organizations requiring Legal Assistants. Algonquin Careers Academy provides hands on instruction in a well-equipped classroom. The Legal Assistant Diploma program consists of 34 weeks of training, including a 4 week co-op placement.

Courses included in the Legal Assistant program are:

- General Law Office Procedures
- Wills and Estates
- Civil Litigation
- Real Estate Law
- Family Law
- Corporate and Commercial Law
- Principals of Canadian Law and Legal Terminology
- Introduction to Computers (Word, Excel, PowerPoint)

Paralegal

Program Objective ***Part-time evening program now available!***

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam,you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on"training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

Career Opportunities

The need for well-trained,competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations

Personal Support Worker

Evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 33 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

This 40 week diploma program includes an 8 week co-op placement.

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Accounting and Payroll Administrator ***Classes starting in July!***

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the **Payroll Compliance Practitioner** (PCP) certification, issued by the **Canadian Payroll Association** (CPA). The certification is nationally recognized as a standard of excellence for payroll training in Canada.

This is a 38 week program.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. Complete this diploma program through online distance education.

ALGONQUIN CAREERS ACADEMY

1830 Bank St. 613-722-7811 www.algonquinacademy.com

Looking for tips

Police offer $50K in 7 unsolved murders

Ottawa police are offering rewards of up to $50,000 for tips that lead to an arrest in any of seven unsolved homicides.

The cases date as far back as 1990. Last fall, police offered rewards in six unsolved homicides. Despite receiving some tips, none of those murders have been solved yet, a spokesperson said.

JESSICA SMITH/METRO

John Brow, 1996

Carrie Doloris Mancuso, 1995

Sophie Filion, 1993

Douglas Stewart, 2004

Melinda Sheppitt, 1990

Arash Raffiqi, 2006

Christopher Smith, 1996

The photos above show seven murder victims and the year they were found dead. For more information about their cases, visit metronews.ca.

Spike in visits. CHEO hiring staff, extending hours

Children facing a mental-health crisis are arriving in the emergency room at the Children's Hospital of Eastern Ontario twice as often today as they were two years ago, leading the hospital to look for more creative ways to offer help.

"We've seen some staggering increases over the last two years," said Karen Tataryn, CHEO's regional director of children and youth mental-health services. "Not only are we having more children and youth coming to (the emergency room), but the severity of their symptoms is causing them to be admitted too."

Among the 2,637 youth and children seen at the hospital in 2011, staff observed high levels of depression, anxiety and suicidal behaviour, Tataryn said.

"Each year has been an increase over the previous year. So we're not too sure what to expect now. It's not easing up."

GRAHAM LANKTREE/METRO

How they'll deal

CHEO's measures:

- Extended mental-health emergency-room hours with staggered shifts.
- Will add staff on weekends in the fall.
- Planning to hire two new child psychologists

Gay blood donors. Carleton to change stance on CBS ban

Carleton's student association is considering co-operating with Canadian Blood Services again, after almost a decade of opposing the organization's ban on blood donations from men who have had sex with other men (MSM).

Two Carleton University Students' Association (CUSA) councillors want to overturn a policy adopted in 2003 that does not allow blood-donation drives on CUSA-controlled areas of campus.

Canadian Blood Services is planning to modernize its screening procedures to allow MSM to donate — as long as they haven't had homosexual sex in at least five to 10 years, according to spokesman Ron Vezina.

CBS tests all blood collected. Its primary concern is a remote possibility blood from a donor recently infected with HIV might not be detected, said Vezina. JESSICA SMITH/METRO

By the numbers

1/2 The latest available data from Public Health Agency Canada shows slightly under half of all positive HIV test results are attributed to homosexual sex.

545 In 2009, there were 545 HIV-positive reports where the cause is attributed to homosexual sex, and a total of 401 cases that were attributed to heterosexual sex.

Condos not a takeover, developer insists

Against the change. Critics say revitalization effort will erase community identity and push out poor

NOURAN ABDELLATIF
ottawa@metronews.ca

An Urban Capital Property Group partner says his firm is not taking over Centretown with its "South Central Ottawa" rebranding effort.

David Wex said the area between the Glebe and the downtown core was a "dead zone," where nothing was going on before his firm started developing condos there. Centretown, he said is a different area, farther north of the condominium location.

But activist and Centretown resident Priscillia Mosher, with anti-poverty group Under Pressure begs to differ. She said the project will gentrify the area and push out less-affluent residents.

"People are going to find themselves unable to live in a neighbourhood that they've created for themselves, that they love and that they're attached to," said Mosher. "We're also concerned about where people are going to end up."

Wex said the space Urban Capital is building its condos in what were empty parking lots.

"We're not seeking to dispossess buildings," said Wex. "By and large the majority of people are happy that we're bringing in residences and retail (space)."

Mosher slammed the effort to rename the area South Central Ottawa as an "erasure."

"It's also an erasure of the people who are being forced out of the community," she said.

Wex said the company came up with the name with the help of local businesses.

"There are always going to be people who are against change," said Wex.

The logo for a Facebook event page calling on people to oppose a South Central Ottawa launch party happening Tuesday night at the James Street Pub. FACEBOOK

1 NEWS

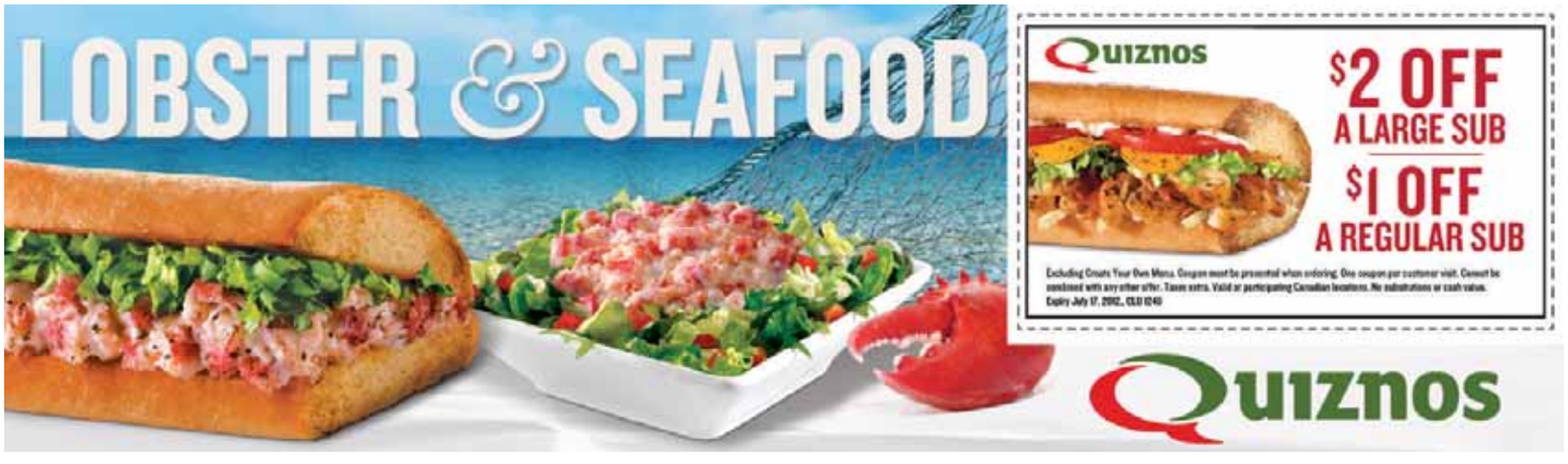
News online

Deadly outbreak strikes kids in Cambodia

A deadly form of hand, foot and mouth disease has been linked to the deaths of 52 people, mostly children under three, in Cambodia. Read more about the mysterious outbreak at metronews.ca.

On the web

Something alarming is invading the Calgary Stampede midway, known to some as Heart Attack Alley. Known for deep-fried everything, the Stampede and its fortress of greasy food now face an invasion of healthy alternatives. Scan the code to read more about the calorie wars.



Detention law may impact mental health

Bill C-31. Doctors say refugees should be held for the shortest possible time upon arrival

Doctors are sounding more alarms about changes to Canada's refugee system. An opinion piece in the Canadian Medical Association Journal says a new law could pose a serious danger to the mental health of refugees.

Bill C-31, the Protecting Canada's Immigration System Act, includes provisions that allow the immediate detention of refugee claimants designated as part of irregular arrivals.

All those over the age of 16 will be held for a minimum of two weeks before their detention is reviewed, while those under 16 can be informally detained with their parents or released to child care authorities.

The bill became law at the end of June and the detention provisions are now in force.

The authors of the piece cite several studies suggesting high levels of psychiatric symptoms among detained refugee claimants, even after short periods.

"As health professionals, it is our responsibility to urge the government to minimize harm to children, pregnant women, trauma survivors and other vulnerable people," Dr. Janet Cleveland and Dr. Cecile Rousseau wrote in the article, released Monday.

"Children should not be incarcerated or separated from their parents. Detention of all refugee claimants should be limited to the shortest possible time required for identity and security checks and should generally be in noncarceral accommodation, especially for vulnerable individuals."

The article cites statistics from the U.S., U.K. and Australia showing adverse mental-health outcomes following detention. THE CANADIAN PRESS

Chef Anthony Sedlak is seen at home in Vancouver in this 2008 file photo. Sedlak died Friday. DARRYL DYCK /THE CANADIAN PRESS

TV chef Anthony Sedlak dies at 29

A young and promising chef is being remembered for his warm personality, passion for his craft and skill in the kitchen. Food Network Canada said the untimely death of Canadian celebrity chef Anthony Sedlak is a terrible loss.

Sedlak was just 29.

A statement issued by his family said Sedlak was found dead in his North Vancouver apartment on Friday after collapsing from an undiagnosed medical condition.

Sedlak was best-known as the host of Food Network Canada's The Main, and a judge on Family Cook Off, as well as author of the national bestseller cookbook, The Main.

Sedlak's culinary career began in his teens, with completion of a specialized program and four-year apprenticeship, and he was barely in his 20s before he had spent almost two years at Michelin Starrated La Trompette, in London, England. He was 23 when he won a silver medal at the World Junior Chef Challenge, and just months later, he captured The Food Network's Superstar Chef Challenge.

THE CANADIAN PRESS

Record-breaking

Volvo nears 3M miles driven

Irvin Gordon's 1966 Volvo P1800S just keeps going, and going, and going. Gordon's small, red two-door has well more than two million miles (3.22 million kilometres) on the odometer, the equivalent of nearly 1,176 times across the globe. The retired school teacher from Long Island hopes to reach the three-million-mile mark by next year. He only has 34,000 miles to go. The 72-year-old Gordon drives his Volvo everywhere. He has held the Guinness World Record for a high-mileage vehicle since 2002. He bought the car on June 30, 1966, for $4,150. THE ASSOCIATED PRESS

Don't mess with DJ

Deadmau5 threatens robbers

Grammy-nominated producer Deadmau5 is fuming after a break-in at his mother's house in Niagara Falls, Ont. "Man, you ... picked the wrong house," he wrote, using an expletive. "Mau5 is gonna find you." THE CANADIAN PRESS

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"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."*

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

But don't believe me. You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

TRY A FREE BOTTLE!

In fact, the manufacturers of **Nopalea** are so confident that they've agreed to give the readers of this newspaper a special introductory offer. **Call now and they'll ship you a 32-ounce bottle for FREE!** Just pay a small shipping and handling fee.*

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Members of a Palestinian honour guard stand next to the tombstone of Yasser Arafat. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Abbas approves exhumation and autopsy of Arafat

Investigation. Palestinian leader agrees to testing of body after lethal agent detected on clothing

Palestinian President Mahmoud Abbas has given final approval to dig up Yasser Arafat's remains and is also pressing for an international investigation of his predecessor's mysterious 2004 death, a top aide said Monday.

The decision came days after a Swiss lab detected elevated traces of a lethal radioactive agent on clothing said to be Arafat's.

Testing Arafat's bones could offer the last chance to get to the bottom of Palestinian claims that their leader was poisoned, though some experts cautioned it may already be too late for conclusive answers.

Several Palestinian officials have charged that Israel poisoned Arafat. The French doctors who treated Arafat in his final days did not present a clear cause of death, while Israel emphatically denied it killed the Palestinian leader.

Arafat, who died at age 75, is buried in a mausoleum in the walled government compound in the West Bank where he spent the last three years of his life under Israeli siege.

Scenes of heavy machinery tearing into the wreath-covered grave of the revered leader could prove offensive to devout Muslims. Also, the grave has become a must-see site for Palestinians and foreign visitors to Ramallah.

Abbas aide Saeb Erekat said Monday that the need to know overrides cultural sensibilities. THE ASSOCIATED PRESS

Closure

"We are seeking the truth, and every single Palestinian is seeking the truth."
Mahmoud Abbas aide Saed Erekat

Taliban

Six Americans killed in bombing

The Taliban took responsibility Monday for a bomb blast in Afghanistan that killed six American troops. THE ASSOCIATED PRESS

West Bank

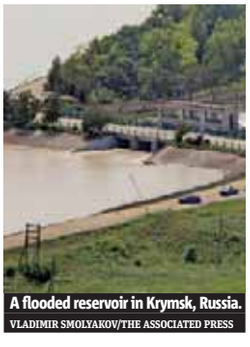
Report supports illegal settlements

A government-commissioned report released Monday has recommended that Israel legalize dozens of unsanctioned West Bank settlement outposts, defying international opposition. THE ASSOCIATED PRESS

Floods. Putin denies government wrongdoing

The floods that washed through southern Russia and killed 171 people followed storms that dumped five months of rain in a matter of hours. Still, President Vladimir Putin has spent three days trying to persuade residents that the flooding was an act of nature and not the result of government negligence or worse.

Some persist in believing, against all evidence, that the city of Krymsk and its 57,000 people were intentionally sacrificed to prevent the flood waters from damaging Novorossiysk, a major Black Sea port essential for exporting Russian oil and grain. THE ASSOCIATED PRESS



A flooded reservoir in Krymsk, Russia. VLADIMIR SMOLYAKOV/THE ASSOCIATED PRESS

Canadians not up to speed on mortgage rules

Money matters. Poll suggests only half of those surveyed were familiar with changes brought in by the federal government

New mortgage rules went into effect Monday in Canada, but a recent survey suggests many people are unfamiliar with the changes.

Starting Monday, borrowers refinancing their mortgages are limited to 80 per cent to the value of the home, down from 85 per cent.

The maximum amortization period dropped to 25 years from 30 years for government-insured mortgages — giving borrowers less time to repay the debt in full.

The federal government also tightened the standards lenders must apply before granting a mortgage.

"For two years now, we've been talking to our customers about the financial implications of carrying debt over the long term and how opting for a maximum 25-year amortization can help them manage and meet their long- term goals," said Laura Parsons, a mortgage expert at Bank of Montreal.

"The recent changes are prudent, measured, responsible and timely, and will have an effect on how Canadians purchase property, so it's more important now than ever to seek clarity on the current guidelines in place."

A poll conducted by Pollara for Bank of Montreal found only about half of those surveyed were familiar with the changes brought in by the federal government.

And only 45 per cent of those surveyed June 29 to July 4 were aware that the maximum amortization period has been shortened by five years.

Finance Minister Jim Flaherty announced the new rules on June 21.

THE CANADIAN PRESS

Lines of credit

65%

The limit for home-equity lines of credit has been reduced to 65 per cent of a property's value, down from 80 per cent.

Technical difficulty softens Microsoft message

Microsoft CEO Steve Ballmer yells to be heard after his wireless microphone stopped working at the Microsoft Convention at the Air Canada Centre in Toronto on Monday. About 15,000 attended, making it one of the biggest corporate conventions in Toronto's history. Microsoft Corp. announced that computers running on Windows 8, the next version of its Windows operating system, will go on sale in October. Applications will appear in a mosaic of tiles on Windows 8. The company also designed the operating system so it can run on personal computers or touch-based tablet computers. Windows 8 is being counted on to help revive demand for laptops and other personal computers. STEVE RUSSELL/TORSTAR NEWS SERVICE

Legal fight

AT&T drops $1M phone-bill lawsuit

The phone company AT&T Inc. has dropped its legal fight against a Massachusetts businessman whose company was on the hook for a fraudulent million-dollar bill.

The telecommunications company says in a statement Monday that it is no longer pursuing its claims against Michael Smith, "though we are entitled by law to collect the amounts owed." Smith says someone hacked into his small manufacturing company's phone system in 2009 and made nearly $900,000 US in calls to Somalia. AT&T sued Smith for $1.15 million to recover the cost of the calls plus interest.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.11¢ US (-0.06¢)

TSX 11,634.67 (-25.28)

OIL $85.99 US (+$1.54)

GOLD $1,589.10 US (+$10.20)

Natural gas: $2.88 US (+11¢)
Dow Jones: 12,736.29 (-36.18)

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SO MANY THINGS WRONG WITH THIS PICTURE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Something strange happened last week: a Victoria's Secret model became newsworthy because of her distinct lack of curves. In a Facebook campaign for the lingerie brand's Swim Style Finder, a bow-legged model appears noticeably distorted and her beach bum has been entirely eradicated thanks to some overzealous airbrushing.

I guess, in some ways, it's kind of comforting to know that even Victoria's Secret models don't actually look like Victoria's Secret models.

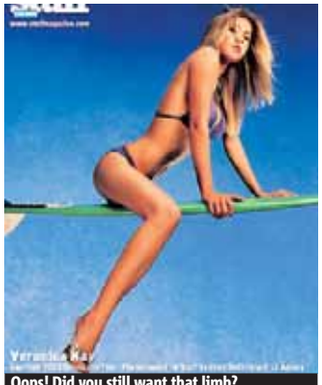
While we've come to expect that advertisers and magazines offer a somewhat imagined version of reality — a glossy fantasy land in which women wear couture to the office and spend hours preparing DIY oatmeal face masks — many take the desire to retouch reality a bit too far. Turning back time, erasing blemishes, smoothing cellulite and digitally carving bodies into nothing more than clothing racks with hollowed out cheekbones has become the norm.

Stars without Photoshop

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because, just like us, they suffer from the effects of sun damage and bad lighting, and too much tequila the night before.

Some egregious examples of Photoshop gone wrong are laughable — check out PhotoshopofHorrors.com (see example pictured below) for some particularly cringe-worthy examples — but there are also serious implications when it comes to reimagining human anatomy to create an unrealistic version of beauty.

Earlier this year, 14-year-old Julia Bluhm started a crusade against digitally altered photographs in Seventeen magazine. The eighth grader's online petition gathered more than 84,000 signatures, and, last week, Seventeen made a promise to "celebrate every kind of beauty" and use images of real girls and healthy models within the pages of the magazine. Of course, their advertisers aren't vowing to abstain from Photoshop, so I'm sure their young readers will still be subjected to whittled down waistlines and excessively whitened smiles.



Oops! Did you still want that limb?
NICK MCGLYNN/PHOTOSHOPOFHORRORS.COM

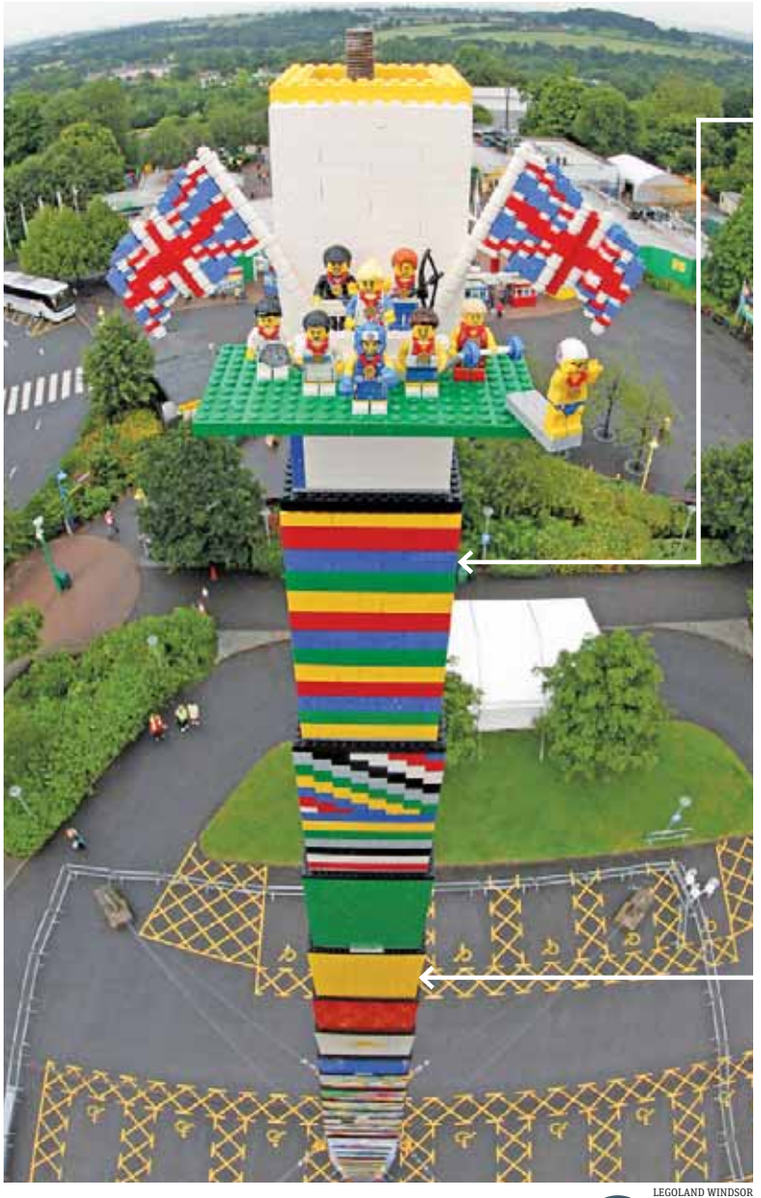
Personally, I'd much rather look at images of celebrities and models in their un-Photoshopped glory, without layers of makeup and Spanx. I know it's shallow, but I enjoy those close-up images taken at awkward angles that make me feel better about my own imperfections. The realness of celebrities is what I find interesting, not the airbrushed artifice.

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because, just like us, they suffer from the effects of sun damage and bad lighting, and too much tequila the night before. Except maybe Jennifer Aniston — whose flawless body is presumably a result of her dedication to Smartwater, yoga and her never-ending breakup diet.

Ultimately, what fashion magazines and advertisers might not understand is that most of us don't want to look at pages filled with hyper-real, computer-generated bodies. Readers want to see women with both style and substance and, preferably, with all of their limbs intact.

Follow Jessica Napier on Twitter @MetroSheSays

It's the real toy storeys



LEGOLAND WINDSOR

Crazy construction

Brits build world's tallest Lego tower

It's Olympic year, and the Brits are keen to break records. Britain has reclaimed, from South Korea, its record for the world's tallest tower made from pieces of Lego. During the weekend, hundreds of volunteers completed the 32-metre-high tower, which now resides at Legoland Windsor theme park near London. METRO

Tower of Lego? It's more Tower of Vertigo. LEGOLAND WINDSOR

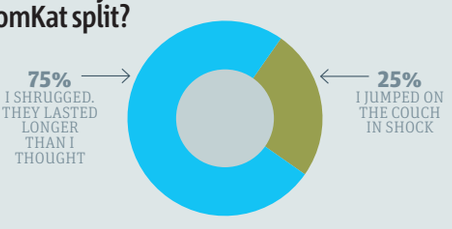
Tower in detail

- **Record height.** 32 metres (beating Seoul's record of 31.9 metres), the same height as a nine-storey building.
- **Brick work.** Made up of more than 500,000 pieces, it comprises over 160 sections and nine Lego figurines.
- **History.** Tallest Lego tower first recorded in London in 1988 was for a tower of more than 15 metres.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What was your initial reaction to the TomKat split?



Twitter

@t_lema: Quon Chi doesn't have rage issues. No siree. #MortalKombat #Fatality

@coffeescommutes: @cdnstar If I leave early enough, by 6:15, about 45 minutes

@genuinejenn: God our pup eats everything even my shoppers optimum card :(

@gabaribeau: My love-hate relationship with OC Transpo continues. 8 minutes late this morning. I still love you but sometimes I feel abused.

@Lucaspaluch: How do i get on stage tomorrow with @DerekandSusan at #ottawa #bluesfest to jam Bound for Glory? That is the question.

@highonleanne: Girl, why you filing your nails on the bus? #octranspo

metro

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Between the mega-success of this spring's The Avengers — with a worldwide take of more than $1 billion — and the anticipated arrival of The Dark Knight Rises later this month, it's quite the year for comic book movies, making this week's San Diego Comic-Con that much more exciting. Here's some of the stuff we're looking forward to most at the annual nerd-fest, and be sure to follow along on Twitter (@nedrick) for behind-the-scenes updates from the Con all weekend long.

NED EHRBAR
Metro World News in Hollywood

Comic-Con sneak peek

Movies

Comic-Con has become the proving ground for studio blockbusters, and with a lot of franchises coming to an end — Christopher Nolan's Batman series for example — the big question is what will be keeping fans lining up for the next few years.

The Hobbit: Peter Jackson completed principal photography on his two-film adaptation of the J.R.R. Tolkien classic just last week, so hopefully he'll have something exciting.

Iron Man 3: While filming hasn't started yet on the franchise juggernaut and Avengers followup, fans will be eager for whatever surprises Marvel super-producer Kevin Feige decides to unveil. Who knows, maybe Robert Downey Jr. will even make an appearance.

Elysium: Visionary filmmaker Neill Blomkamp is bringing in some big guns for his followup to 2009's District 9, including stars Matt Damon and Jodie Foster — not exactly a familiar Comic-Con face. We're just excited to learn more about the class warfare sci-fi film, to be released next March.

Django Unchained: We're stoked to get a glimpse at Quentin Tarantino's next flick, a revenge-fueled western starring Jamie Foxx as a freed slave. Tarantino will be on hand along with Foxx and Christoph Waltz.

The Hobbit. HANDOUT

Benedict Cumberbatch GETTY

TV

Hits of the small screen have become a bigger part of Comic-Con — this year marks the first time TV shows have held panels in the massive Hall H, usually the exclusive domain of studio films. We'll be watching out for news on some returning shows and some new entries.

The Walking Dead: The popularity of the zombie drama's first appearance at Comic-Con two years ago caught organizers off-guard, but by now they should be ready for the massive fan outpouring. And with the show's third season debuting in October, we're hoping to learn some juicy details.

Community: The cast of the quirky comedy with a passionate — if small — fan base returns to Comic-Con on the heels of series creator Dan Harmon's news-making termination this spring. We're curious to hear what direction the show will take with new bosses — and a reduced episode order.

Elementary: The BBC's modernized Sherlock, starring Benedict Cumberbatch, has been a major success, so an American take was almost inevitable. This one finds a still-British Holmes (played by Johnny Lee Miller, who co-starred with Cumberbatch onstage in Frankenstein last year) fresh out of rehab and in New York, accompanied by a female Watson (Lucy Liu).

Zombies

Comic-Con taking place a week earlier this year — due to the Olympics — means the middle of the fest falls on Friday the 13th, amping up the already prevalent Halloween-in-July feel around Downtown San Diego. Organizers are taking full advantage of the date, with zombies proving to be the hot ticket his year. (Sorry, Twilight fans.)

Zombie Walk: Celebrating its sixth year at the Con, this parade of undead enthusiasts promises to be the biggest yet. Hundreds of zombified folks will take over the Gaslamp Quarter, marching — very, very slowly — for "undead rights." And 300 lucky participants will receive tickets to FEARnet's exclusive Con of the Dead after-party Friday night.

The Walking Dead Escape: The popular zombie cable series is taking over Petco Park, home of the San Diego Padres, to create an epic zombie apocalypse survival course. As of press time, tickets to be one of the zombies had sold out, but attendees still have a chance at trying to survive the course unbitten.

The Walking Dead HANDOUT

Zachary Levi HANDOUT

Parties

As Hollywood has taken over Comic-Con more and more, the party scene surrounding the convention has gotten a bit ridiculous. And while the whole neighbourhood feels like a nerd-filled Mardi Gras each night, some tickets are definitely hotter than others.

The Entertainment Weekly/Syfy Party: The premiere event of the Comic-Con party scene takes over the Hard Rock Hotel on Saturday night — but good luck trying to get an invitation.

VH1's Dawn of the Con Party: While most of the evening activities involve guest lists and velvet ropes, Rob Zombie is teaming up with VH1 to throw a party for the people at Petco Park Thursday night. All you need is a Comic-Con badge for free entry.

Nerd HQ 2012: Those looking for a break from the Con can head to this playground set up by Chuck star Zachary Levi and multimedia company Nerd Machine just two blocks from the Convention Center, with all sorts of fun toys from Xbox and Vizio.

DVD reviews

American Reunion

Director. John Hurwitz, Hayden Schlossberg

Stars. Jason Biggs, Alyson Hannigan, Seann William Scott

●●●○○

American Reunion, co-directed and co-written by Jon Hurwitz and Hayden Schlossberg, might just be the funniest issue yet from the American Pie franchise factory. Thirteen years has passed since the five lads from American Pie made a pact to lose their virginity at prom; now there's a desperate pitch to rekindle stalled libidos at a high school reconvening. Remarkably, American Reunion manages to get every major original cast member back. The directors are unable to shepherd this large cast to a new destination — American Reunion rehashes the same old gags over a ponderous 112 minutes. It's OK, though, because this troupe has earned our loyalty, and also our sympathy regarding the many indignities of aging.

PETER HOWELL

Comic-Con Episode IV: A Fan's Hope

Director. Morgan Spurlock

Stars. Kevin Smith, Stan Lee

●●●●○

A funny thing happens at a geek convention in Morgan Spurlock's latest documentary, Comic-Con Episode IV: A Fan's Hope, and it's not the usual riffs. The annual summer nerd nirvana in San Diego would ordinarily be like shooting fish in a barrel for Spurlock, whose previous docs have skewered McDonald's, Osama bin Laden and movie product placements. Spurlock realizes this, and instead approaches "The Con" from the perspective of a highly intrigued observer. He keeps himself off camera as he follows seven people who embody the Comic-Con spirit. Spurlock pulls it all together with infectious brio, making us realize that geeks are people, too, who maybe just dream harder than the rest of us.

PETER HOWELL

2 SCENE

Scene in brief

Kourtney adds one more Kardashian to the clan

Kourtney Kardashian has given birth to a baby girl and she's naming her Penelope. The reality TV star told E! News that her second child with boyfriend Scott Disick was born early Sunday at Cedars-Sinai Medical Center and weighed seven pounds, 14 ounces. Her full name is Penelope Scotland Disick. Kardashian said mother and child were "resting comfortably." She and Disick have a two-year-old son named Mason. Both of her pregnancies were highly publicized. Her sister, Kim, wrote on her website that the family was thrilled to finally meet the newborn. The family appears on Keeping Up With the Kardashians.

THE ASSOCIATED PRESS

On the web

For tabloid fodder, Cruise-Holmes split a celebrity divorce like the good ol' days

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jolie had no love for Jagger's moves

THE WORD
Monica Weymouth
Metro World News in New York

You can add Mick Jagger to the long list of people bewitched by Angelina Jolie.

In a new biography, Mick: The Wild Life and Mad Genius of Jagger, Christopher Anderson claims the Rolling Stones frontman became obsessed with Jolie after she played a sullen stripper in the video for their 1997 single Anybody Seen My Baby.

Although Jolie was married to Jonny Lee Miller at the time, Anderson claims that Jagger left her countless voicemails during which he was "virtually sobbing" and pursued her for several years.

Jolie didn't return his calls, but her mother "loved Mick for Angie and felt that he could teach her about fame," according to a family friend.

So why would Jagger waste his time on the one half-naked 22-year-old actress who wouldn't call him back?

"She scares me a little. I like that," he's quoted as admitting in the book.

This, mind you, from the man who spent decades waking up on hotel floors next to the hungover ghost of Keith Richards. Angelina, we are, as always, impressed.

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Sienna Miller

The stork has come for Sienna

Sienna Miller gave birth to a baby girl in London over the weekend, according to Us Weekly.

This is the first child for Miller and fiancé Tom Sturridge. The notoriously press-shy Miller has said very little about her pregnancy, but in April she did open up to British Vogue:

"Even though I'm under strict instructions not to say anything, as it would completely defeat the point of everything I've tried to achieve in the last eight years, I'm feeling fine.

It's all progressing nicely and it's very exciting," she said.

Salma Hayek ALL PHOTOS GETTY IMAGES

No Savages for mini Salma

Salma Hayek admits that her 4-year-old daughter, Valentina, won't be seeing her latest film, Oliver Stone's Savages, in which Hayek plays the head of a bloody Mexican drug cartel.

"She's not going to watch this movie," she insists during a visit to The Tonight Show to promote the film.

"Actually, this was the only movie that she was not on the set. I usually bring her on the set and she always likes to sit right next to the monitor and she bosses everyone around. I know Oliver Stone would have not let her come in and say, 'Excuse me, Oliver, let me take over the set.' No."

Twitter

@ActuallyNPH
Taking the train from Paris to London. Am I wrong, or is travel by train the greatest, calmest, classiest thing ever?

@ebertchicago
As an experienced ex-drunk, I want to know: How do the guys on "Mad Men" drink like that all day and get home (or anywhere) in one piece?

@AlbertBrooks
Dreamt I was sick and had to go before a death panel. They said I should die but they really liked my movies.

@SarahKSilverman
Ironically, "note to self" is only ever said for other people's benefit

Is this the end of the Holmes-Cruise show?

Katie Holmes

After two weeks of drama, Katie Holmes and Tom Cruise have put a quick and tidy end to their divorce circus. The couple reached a settlement yesterday, which will avoid a messy court hearing later this month.

While there's no word on the terms of the agreement, Holmes is rumoured to get custody of daughter Suri, while Cruise will have generous visitation rights.

As for the statements, we're going to hand it to Team Cruise's lawyers for giving up the least amount of information in the blandest way possible:

"The Tom Cruise-Katie Holmes case has been settled with a signed agreement. Tom is really pleased we got there."

Cellulite: with you for life?

Fat. Cellulite can happen to anyone. Your age and size has little to do with it. Metro speaks to body and beauty experts to find out why some of us develop these dreaded lumps and bumps.

ROMINA MCGUINNESS
Metro World News

Women mainly, and men increasingly, spend huge amounts of time and money on anti-wrinkle creams, laser hair removal and personal trainers in order to get smooth, flawless skin. But there are some things no miracle cream can fix. Cellulite is one of them.

Why your skin looks lumpy

"Cellulite is fat, water and lymphatic fluid trapped in a webbing of tough collagen fibers under the skin," says Maria Hatzistefanis, founder beauty brand Rodial. "If this connective tissue becomes weakened, small pockets of fat and fluid can push through towards the surface, becoming more visible."

How it's formed

Skin type and hormones — rather than diet or exercise — determine the formation and appearance of cellulite, Julie Cichocki, beauty expert for cult beauty brand Karin Herzog (a favourite of Kate Middleton) tells Metro how it happens.

"Female hormones (estrogen) increase fat stores and dictate the pattern in which the fat is formed. Genetically, women form fat in a different pattern to men; around her hips and thighs and around the middle are the typical areas for cellulite. This is to make a woman's body curvy, attractive and fit for childbirth. Cellulite is formed just under the surface of the skin, in the hypodermis, which is the only layer where hormones govern the laying down of fat cells. If estrogen is high, fat cells will form in the hypodermis. Toxins are then stored in these fat cells and the more toxins we store, the bigger the surface size of the fat cell and the more water it can hold. As the fat cell swells, it becomes enlarged and lumpy."

Beauty Pick

Elemis: Body Detox Skin Brush

HOW TO: Brush upwards from the soles of the feet to boost sluggish circulation and remove dead skin cells.
$47
elemis.com

Quoted

"An estimated 90 per cent of women have cellulite and will never get rid of it. You can change the levels of it, but you will always have it."
Justin Gelband
celebrity fitness trainer

Relax, it's natural. THINKSTOCK

What about men?

A woman's skin is finer and more elastic than a man's so any cellulite formed will be more visible. Celebrity trainer Justin Gelband states that while cellulite can occasionally be seen on men, they'd have to be really overweight.

"Women produce estrogen, which produces fat whereas men produce testosterone, which eats up fat," he adds.

3 LIFE

Firming Creams

L'Occitane: Almond shaping delight

This cream works to refine and reshape the contours of your body distorted by cellulite. It's plant-based complex includes Almond tree buds, rich in draining flavonoids, that helps release existing fat cells throughout the entire body. $59 loccitane.com.

METRO

On the Web

Seventeen magazine offers 'body peace treaty' after teen crusader takes on altered photos

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Eat it now, you could pay later

Food intolerance. Avoid the things that you are sensitive to – it will make you feel better and could help you lose weight

CELIA MILNE
life@metronews.ca

Certain foods giving you gas?

Maybe you have a food intolerance. Kary Dick, 50, a Toronto mother of two children and owner of a clothing boutique, got tested and found out she was intolerant to corn, white potatoes, oats, barley, vinegar, and cheeses that are high in mold content such as cheddar, Parmesan and brie.

When Kary ate these foods, she felt bloated and tired. Her body was having an immune reaction to those foods. Once she avoided them and learned to substitute with other options, she felt much better.

Now her whole family avoids certain foods, such as gluten, which is a common source of food intolerance.

A recent study published in the Journal of Obesity and Weight Loss Therapy found that avoiding foods you are sensitive to can not only make you feel better, it can help you lose weight. Researchers in Miami conducted a study with 120 subjects.

Be careful of what you eat. ISTOCK PHOTOS

They tested them and then removed reactive foods from their diets for 90 days.

At the end of the study, those who stopped eating foods they were intolerant to, lost weight, and had a reduced BMI, as well as lower waist and hip measurement and decreased blood pressure.

"Since I changed my diet I am down in weight, I do not have any bloating and my energy level is much better," says Kary.

She is not alone. It's been estimated that 30 per cent of the population suffers from food intolerance.

The difference between food allergies and food intolerances is severity.

"An allergy is typically an immediate reaction that a person has as soon as they eat, inhale or contact a substance," says Dr. Mubina Jiwa, a naturopath in Toronto. "It can result in severe symptoms such as difficulty breathing, swelling of the lips and throat and it may be life-threatening.

"Intolerances, on the other hand, tend to manifest a few hours or up to several days after ingestion of a food. Typical aggravations vary and can include acne, eczema, psoriasis, joint pain, low energy, migraine, chronic congestion, indigestion, weight imbalance, bloating, or an overall feeling of ill health. These issues tend to be chronic and difficult to correlate to a specific food," she says.

Intolerance

According to Gemoscan Canada the following are the 10 foods that Canadians are most commonly intolerant to:

- **Top 10.** pork, bananas, peanuts, wheat, aspartame, wheat flour, coffee, cocoa beans, oranges, tangerines

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Entertain guests — and taste buds — with unique combo

Spinach Salad with Cinnamon Almonds, Strawberries and Goat Cheese

This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

The combination of spinach, spiced nuts, strawberries and goat cheese gives this salad loads of character.

Prepare the almonds in larger quantities and keep them in an airtight container for up to 2 weeks.

1. Preheat oven to 350 F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar and cinnamon. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Cinnamon Almonds
- 1/4 cup whole almonds
- 1/3 cup packed brown sugar
- 1/2 tsp cinnamon

Salad
- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese

Dressing
- 1 1/2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard

Health Solutions

Top five fruits

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

You are going to guess blueberries are the number one fruit, right? Well, any fruit is a great snack — especially if it replaces a sugary treat! But what you are truly looking for is a fruit that is high in fibre, vitamins and minerals and, yet, low in calories.

What really separates the men from the boys is the cancer fighting carotenoid content and that is hiding deep inside the fruits that are tinged red.

Of course, berries are your buddy but if you want to go beyond them, these are even better...

Guava
Guava contains only 50 calories per half cup but packs a wallop of carotenoid. One guava has four times the vitamin C of an orange. Find a red guava, make sure it is soft and ripe and eat it like an apple. Also try cooking it down into a jam to spread on toast.

Watermelon
Two cups of watermelon contain merely 90 delicious calories and plenty of satisfying water. Feel free to use a blender on the pulp and freeze it into Popsicles.

Papaya
Papaya delivers helpful enzymes for an upset stomach along with its meagre 60 calories, super nutrients and six per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

Cantaloupe
The redder the better. One cup gives up only 50 calories, but five per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

Pink Grapefruit
Grapefruit has that red pigment that is doing all sorts of good things to your body. One half is just 50 calories.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Forget about personality and values; let's give facial features its due credit

Facemate. Dating site matches people according to the shapes of their mugs

HEIDI PATALANO
Metro New York

Rita Wilson and Tom Hanks are seen by some to have similar faces. Maybe that's why they fit so well as a couple. GETTY IMAGES

It's not quite so strange when you really think about it: How many times have you looked at a couple and remarked that they could be brother and sister?

Those strange similarities a couple can share are no coincidence. Genetically, we have been trained to seek out those who have a face similar to our own, says founder of FindYourFacemate.com, Christina Bloom.

"There's part of the brain that's just focused on processing faces. It's the fusiform gyri. It's so important that we have a special area in our brain for it," Bloom says.

"If you think about human beings before we had language, or if you think about the way babies are — we learn things visually. That makes sense because that's how we mated. We just know what we like."

Bloom points to several examples of couples who have similar faces — Halle Berry and Olivier Martinez, and Tom Hanks and Rita Wilson, for instance.

She believes that matching people by their face shapes will ultimately lead to better chemistry and, hopefully, better coupling.

"After meeting (a date), you think of, 'Wow, it's because of his or her great personality, that's why I like them.' Well no," she says. "You already saw his or her face, and you were interested because of his or her face."

Bloom says that the criteria for a good match comes in this descending order: chemistry, style, values and personality. That's why her website puts looks first and foremost.

After uploading a photo, the site's algorithm analyzes 11 points on the face and matches it with others who share those traits. In the next three months, Bloom hopes to improve the algorithm by using 62 points on the face for more specialized matches.

To Bloom, the website is just helping us do what we already intuitively know how to do. "I've been looking at couples for 20-plus years, and I just think it's innate," she says.

"Basically, we're doing it without even knowing that we're doing it. I do not know how people don't see it."

Switching banks is more complicated than it has ever been. ISTOCK IMAGES

Breaking up is hard to do

Divorcing your bank. A no-frills financial institution can save you money, but make sure it's right for you

YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps the only life event that's worse than moving house is moving banks. Back in the olden days, you simply closed a chequing and maybe a savings account, took the money and went somewhere else.

Nowadays, with automatic debits and deposits, e-billing and multiple investment accounts from RRSPs to TFSAs and RESPs, packing up to leave a bank requires a whole lot more effort.

Mortgages or lines of credit can't easily be transferred and most people have three to six accounts and up to 15 automatic transactions that must be closed and reopened or redirected. So, divorcing your bank requires some thought.

I've stayed with banks simply because of a good relationship with a senior manager. However, bank employees often move to different branches, which means you can't count on the service continuing.

Not only that, but more rigid guidelines with respect to credit scores and debt-to-income ratios today give bank staff less latitude to bend the rules, even for their best clients.

Increasingly, the issue for consumers is banking fees, account, overdraft, debit and so on. About ten years ago, I got so fed up with rising fees at my bank that I switched to the low-fee, almost virtual President's Choice Financial with kiosks in Loblaws stores.

I did save tons of dough — actually, more than $3,000 over a couple of years. However, there is a downside, as I quickly discovered.

If you have a complicated financial life, as I do, with Canadian and U.S. transactions and a business, you will find the no-frills banks can't provide a full suite of services such as convenient currency exchange. Also, some things like stop payments are hit and miss.

Additionally, if you have investment accounts, it's a little more complicated and you may elect to keep them at a regular bank.

However, virtual banks are offering RRSPs and TFSAs. ING and President's Choice, for example, have some investment options beyond GICs — mostly mutual funds. And at ING you can now open a business account.

You certainly can save money and streamline your life by going to a no-frills banker. Just be sure that what's offered fits your needs.

Alison's money rule

Pick the right bank by knowing your current and future banking needs.

Online tools

- **Details.** Check out the Financial Consumer Agency of Canada's bank selector tool: fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp.

Are you a smart spender or a cheapskate?

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I was at a corporate Stampede function last week in Calgary and a gentleman asked what I write about. "Frugality," I said. To which he responded jokingly, "So, you're a cheapskate."

Frugal living is not the same thing as being cheap. Frugal people maximize the dollars they've worked hard to earn by negotiating prices, finding deals, couponing, buying on sale and determining the best ways to buy products for the lowest possible price.

Sure, sometimes my friends think I'm cheap because I don't drive a fancy car, I love free events, I buy in bulk, and Kijiji is my best friend, but I disagree.

I'm a smart spender.

Cheapskates have a bad rap for not buying what they need when they need it because they are afraid to spend their money. When they do spend, they'll buy a cheap product that doesn't last, which then creates unnecessary waste and costs more long-term because it breaks and needs to be replaced.

Are you more frugal than cheap?

- Cheap: Do you purchase the lowest-priced product regardless of quality?
- Frugal: Are you willing to pay more for affordable-quality products?
- Cheap: Do you avoid tipping a service provider at all costs?
- Frugal: Do you tip according to the quality of service?
- Cheap: When the bill comes, do you bolt out of the restaurant and hope your friends overpaid?
- Frugal: Do you divide up the dinner bill according to who ate what?
- Cheap: Are you into pirating books, movies and music?
- Frugal: Do you like to borrow books, movies and music from friends or the library?
- Cheap: Do you avoid offering to pay for a pal's coffee?
- Frugal: Do you swap back and forth between who pays for coffee?
- Cheap: Do you show up at dinner parties empty-handed?
- Frugal: Do you encourage friends to host potluck dinners so that nobody has to shoulder the entire grocery bill?

If your budget is pinched and you're desperate to save pennies, live frugally rather than cheaply. Buy higher-quality pieces like furniture, appliances, clothing and household accessories second-hand.

Wait and save up to make purchases. Buy fewer items when grocery shopping, coupon, negotiate prices and use a budget to monitor your progress.

And, if you are in dire need of something essential such as medication, transit passes or baby formula, don't go without. That could be harmful to your health and livelihood. Instead, re-prioritize your budget, get financial assistance, apply for subsidies and take advantage of tax credits. With a little effort, anyone can live frugally, save money and not compromise their lifestyle.

Anyone can live frugally without compromising their lifestyle. ISTOCK IMAGES

How to manage your money while going to school

Although post-secondary education is expensive, there are several ways to reduce costs and the financial weight of going to school.

These are described in a new online guide, Paying for Post-Secondary Education from the Financial Consumer Agency of Canada (@FCACan), available at itpaystoknow.gc.ca.

Even though it's easy to get credit cards on campus, for example, you should use credit cards carefully and avoid using them at all if you cannot pay off the entire balance at the end of each month.

Reduce the financial burden of post-secondary education. NEWS CANADA

Other ways to save

Living in your own place while you go to school may be a wonderful experience, but it's much more expensive than living with your parents.

In 2009, the average expenses over a four-year program for a student living alone were $77,132, compared with $51,763 for a student living at home — a difference of $25,369.

If you cannot live with your parents, consider living with roommates. Sharing accommodation is usually much cheaper than living in a student residence or in your own apartment.

To reduce your education costs, you can buy used books and sell the ones you no longer need, or trade them for books you will need later. Check with local consignment shops for more information.

Tuition fees often include medical and dental insurance. But you can usually waive the coverage provided by the school if you are already covered by your parents' or employer's insurance plans.

If you choose not to have the coverage, the cost of the insurance that would have been included automatically in your tuition fees will usually be refunded to you. This may amount to several hundred dollars a year, depending on the school's insurance plan.

Public transit passes may also be included in tuition fees, or you may get a student discount.

Your student card is also a good savings tool, as many businesses offer discounts for students with cards. Ask your school's student association to give you a list of businesses offering discounts. NEWS CANADA

Owning a home shouldn't come at the expense of saving.

Life adds up. Your finances should too.

CIBC Wealth Builder Mortgage™

GREAT LOW RATE

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

EARN $6,000 IN SAVINGS[1]

Get $4,000 cash back up-front as well as $2,000 cash back over the term of your mortgage.[1]
On a $400,000 mortgage. Conditions apply. Ask for details.

Visit any branch, go to cibc.com/buildthousands or call 1 800 465-CIBC (2422).

CIBC FOR WHAT MATTERS.

[1]Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

4 SPORTS

Horse racing

I'll Have Another sold to Japan

The owner of I'll Have Another says he sold his Kentucky Derby and Preakness winner to a farm in Japan for $10 million US, a price that far exceeded any amount he was offered in the United States. J. Paul Reddam, who hails from Windsor, made his comments on the bloodhorse.com website. I'll Have Another was retired with a tendon injury before he was to run in the Belmont Stakes and attempt to become the first Triple Crown champion in 34 years.

THE ASSOCIATED PRESS

Mobile news

It's the all-star break and much of baseball has been turned upside down since the final out of the crazy World Series last October. For example, Pittsburgh and Washington are together in first place for the first time and there have been five no-hitters, including two perfect games. Scan the code to read what else has changed.

MLB. All eyes on dynamic rookies at All-Star game

Bryce Harper remembered back to Oct. 27, when just 414 fans were at Scottsdale Stadium to watch his Scorpions play the Mesa Solar Sox in the Arizona Fall League.

Down 7-5, Bryce Harper vowed to teammate Brandon Crawford to hit a game-winning home run.

"I'll drop a bomb and walk off the field, tell them we own this place," Harper said. "I promise you I'm going to hit a jack right here. I swear on everything."

"Yeah, OK," Mike Trout told him in disbelief.

Trout led off with a single, Scottsdale got another hit with one out and Harper followed with a home run to right-centre off Jeff Inman.

"Everybody ran inside the clubhouse," Harper said. "It was a great moment."

Still tied together, baseball's youthful dynamic duo will be watched by millions on Tuesday night as the All-Star game returns to Kansas City and beautiful Kauffman Stadium for the first time since 1973.

Late selection

While Trout was an All-Star shoo-in, La Russa appeared reluctant to select Harper and added him on Saturday as a replacement when Miami's Giancarlo Stanton got hurt.

Coincidentally, both came up to the major leagues on April 28, Harper for his debut and Trout for his return following a pair of stints last year. They are among a record five rookie All-Stars, joined by Texas pitcher Yu Darvish, Oakland closer Ryan Cook and Arizona pitcher Wade Miley.

Just 19, Harper is the youngest position player in All-Star history and a key part of the Washington Nationals' emergence as a first-place team. Trout, a year older, is leading the American League in hitting and helping the Los Angeles Angels turn around their season after a sloppy start. THE ASSOCIATED PRESS

Moonshots galore at the home run derby

American League All-Star Jose Bautista of the Toronto Blue Jays at bat in the first round of the State Farm Home Run Derby, Monday, at Kauffman Stadium in Kansas City, Missouri. Bautista is batting clean up for the American League in Tuesday's All-Star game. For derby results, visit metronews.ca. JAMIE SQUIRE/GETTY IMAGES

Armstrong's lawsuit against USADA dismissed

Cyclist Lance Armstrong is seeking to retain his clean reputation.
DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE

Cycling. Seven-time Tour winner told he may refile lawsuit seeking to stop agency's sanctions

A federal judge handed Lance Armstrong a quick setback Monday as he went to court to save his seven Tour de France titles and his reputation as one of the greatest cyclists ever.

Armstrong filed a lawsuit aimed at preventing the U.S. Anti-Doping Agency from moving ahead with charges that he used performance-enhancing drugs throughout much of his long career.

Within hours, U.S. District Court Judge Sam Sparks in Austin dismissed the 80-page complaint. He said it seemed more intended to whip up public opinion in Armstrong's favour than focus on legal arguments.

Sparks, however, did not rule on the merits of Armstrong's claims and will let him refile the lawsuit. Armstrong attorney Tim Herman said he will do that, possibly on Tuesday.

The lawsuit claimed USADA rules violate athletes' constitutional right to a fair trial, and that the agency doesn't have jurisdiction in Armstrong's case. It also accused USADA's chief executive, Travis Tygart, of waging a personal vendetta against the cancer survivor who won the Tour de France every year from 1999 to 2005.

The judge was not impressed with a filing that dedicated dozens of pages to Armstrong's career history and disputes with anti-doping officials.

THE ASSOCIATED PRESS

Aggresive move

The lawsuit was an aggressive, and expected, move as Armstrong seeks to preserve his racing legacy and his place as an advocate for cancer survivors and research. He wants Sparks to bar USADA from pursuing its case or issuing any sanctions against him.

Soccer

John Terry racism trial begins

The racism trial of John Terry began Monday with prosecutors claiming the Chelsea captain acknowledges using offensive language as a "sarcastic exclamation."

Terry came face to face in court with Queens Park Rangers defender Anton Ferdinand, whom he is accused of racially abusing during a Premier League match in October. Terry, 31, faces a maximum fine of $3,900 if convicted of racial abuse during a game.

Ferdinand, who is black, gave evidence that he had not initially heard Terry use racist language during the game at Loftus Road.

THE ASSOCIATED PRESS

Cycling

Wiggins wins Tour time trial

Bradley Wiggins showed he's the man to beat at the Tour de France, winning the first big time trial Monday and cementing his hold on the yellow jersey he wants to take home in two weeks.

THE ASSOCIATED PRESS

CFL

Former Gee-Gees QB joins Stamps

The Calgary Stampeders have signed Canadian quarterback Brad Sinopoli to help Calgary overcome an injury to starting pivot Drew Tate.

Sinopoli will serve as the third-string quarterback behind Kevin Glenn and Bo Levi Mitchell. It's a second chance for the native of Peterborough, Ont., who was cut at the end of the Stampeders' training camp after losing the third-string job to Mitchell.

Sinopoli played at the University of Ottawa for four seasons and won the 2010 Hec Crighton award as the top player in Canadian university football in 2010.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	52	33	.612	—
Baltimore	45	40	.529	7
Tampa Bay	45	41	.523	7½
Boston	43	43	.500	9½
Toronto	43	43	.500	9½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	47	38	.553	—
Cleveland	44	41	.518	3
Detroit	44	42	.512	3½
Kansas City	37	47	.440	9½
Minnesota	36	49	.424	11

WEST DIVISION

	W	L	Pct	GB
Texas	52	34	.605	—
Los Angeles	48	38	.558	4
Oakland	43	43	.500	9
Seattle	36	51	.414	16½

Sunday's results
Detroit 7, Kansas City 1
Tampa Bay 7, Cleveland 6
Toronto 11, Chicago White Sox 9
L.A. Angels 6, Baltimore 0
Oakland 2, Seattle 1, 13 innings
Texas 4, Minnesota 3, 13 innings
N.Y. Yankees 7, Boston 3
Tuesday's game
All-Star Game at Kansas City, MO, 8:15 p.m.

ALL-STAR GAME ROSTERS

(x-starter; y-injured will not play, z-voted final spot)

AMERICAN LEAGUE

PITCHERS
Ryan Cook, rh, Oakland
z-Yu Darvish, rh, Texas
Matt Harrison, lh, Texas
Felix Hernandez, rh, Seattle
Jim Johnson, rh, Baltimore
Joe Nathan, rh, Texas
Jake Peavy, rh, Chicago
Chris Perez, rh, Cleveland
David Price, lh, Tampa Bay
Fernando, Rodney, rh, Tampa Bay
y-CC Sabathia, lh, New York
Chris Sale, lh, Chicago White Sox
Justin Verlander, rh, Detroit
Jered Weaver, rh, Los Angeles
y-C.J. Wilson, lh, Los Angeles
CATCHERS
Joe Mauer, Minnesota
x-Mike Napoli, Texas
Matt Wieters, Baltimore
INFIELDERS
Elvis Andrus, Texas
x-Adrian Beltre, Texas
Asdrubal Cabrera, Cleveland
Miguel Cabrera, Detroit
x-Robinson Cano, New York
x-Prince Fielder, Detroit
x-Derek Jeter, New York
Ian Kinsler, Texas
Paul Konerko, Chicago White Sox
OUTFIELDERS
x-Jose Bautista, Toronto
x-Curtis Granderson, New York
x-Josh Hamilton, Texas
Adam Jones, Baltimore
Mike Trout, Los Angeles
Mark Trumbo, Los Angeles
Designated Hitters
Billy Butler, Kansas City
Adam Dunn, Chicago White Sox
x-David Ortiz, Boston

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Sunday's results
Chicago Cubs 7, N.Y. Mets 0
Atlanta 4, Philadelphia 3
Colorado 4, Washington 3
Pittsburgh 13, San Francisco 2
Milwaukee 5, Houston 3, 10 innings
St. Louis 5, Miami 4
Cincinnati 4, San Diego 2
Arizona 7, L.A. Dodgers 1

NATIONAL LEAGUE

PITCHERS
Matt Cain, rh, San Francisco
Aroldis Chapman, lh, Cincinnati
R.A. Dickey, rh, New York
Gio Gonzalez, lh, Washington
Cole Hamels, lh, Philadelphia
Joel Hanrahan, rh, Pittsburgh
Clayton Kershaw, lh, Los Angeles
Craig Kimbrel, rh, Atlanta
Lance Lynn, rh, St. Louis
Wade Miley, lh, Arizona
Jonathan Papelbon, rh, Philadelphia
Stephen Strasburg, rh, Washington
Huston Street, rh, San Diego
CATCHERS
y-Yadier Molina, St. Louis
x-Buster Posey, San Francisco
Carlos Ruiz, Philadelphia
INFIELDERS
Jose Altuve, Houston
Starlin Castro, Chicago Cubs
y-Ian Desmond, Washington
z-David Freese, St. Louis
x-Rafael Furcal, St. Louis
Chipper Jones, Atlanta
Bryan LaHair, Chicago
x-Pablo Sandoval, San Francisco
x-Dan Uggla, Atlanta
x-Joey Votto, Cincinnati
David Wright, New York
OUTFIELDERS
x-Carlos Beltran, St. Louis
Michael Bourn, Atlanta
Ryan Braun, Milwaukee
Jay Bruce, Cincinnati
x-Melky Cabrera, San Francisco
Carlos Gonzalez, Colorado
Bryce Harper, Washington
Matt Holliday, St. Louis
y-Matt Kemp, Los Angeles
Andrew McCutchen, Pittsburgh
y-Giancarlo Stanton, Miami

SUNDAY

BLUE JAYS 11, WHITE SOX 9

Toronto	ab	r	h	bi	Chicago	ab	r	h	bi
RDavis lf	3	2	0	0	De Aza cf	5	3	1	0
Rasms cf	4	2	2	3	Youkils 3b	4	1	3	1
Bautist rf	3	2	1	1	A.Dunn 1b	4	1	0	1
Encrnc 1b	4	1	1	2	Konerk dh	4	1	0	0
Lind dh	4	0	1	1	Rios rf	5	3	3	4
YEscor ss	5	1	1	0	AlRmrz ss	5	0	3	2
KJhnsn 2b	4	1	1	2	Viciedo lf	4	0	2	1
Vizquel 3b	5	1	1	0	Flowrs c	3	0	0	0
Mathis c	5	1	2	1	Przyns ph-c	1	0	0	0
Bckhm 2b	5	0	2	0					
Totals	**37**	**11**	**10**	**10**	**Totals**		**40**	**9**	**14**	**9**
Toronto					**412**	**103**	**000**	**11**	
Chicago					**300**	**041**	**100**	**9**	

E—Vizquel (1). DP—Toronto 1. LOB—Toronto 9, Chicago 10. 2B—Rasmus (18), Bautista (12), Lind (8), Mathis (5), De Aza (16), Youkilis (9), Rios 2 (19), Viciedo (8). 3B—Al.Ramirez (3). HR—Rasmus (17), Encarnacion (23), K.Johnson (10), Mathis (5), Rios (12). SB—R.Davis 3 (23), Vizquel (2). SF—Viciedo.

Toronto	IP	H	R	ER	BB	SO
Cecil	4 1-3	6	7	6	3	5
J.Chavez	2-3	1	0	0	0	2
L.Perez	1	4	2	2	0	1
Frasor W,1-1 H,12	1	0	0	0	1	2
Oliver H,10	1-3	1	0	0	0	1
Janssen S,12-13	1 2-3	2	0	0	0	3
Chicago						
Axelrod L,0-2	3	6	7	7	2	4
Omogrosso	2 1-3	1	2	2	3	1
Septimo	0	0	1	1	1	0
N.Jones	2-3	2	1	1	1	0
H.Santiago	3	1	0	0	2	2

T—3:48. A—27,190 (40,615).

GOLF

WORLD RANKING

Through July 8

1. Luke Donald	Eng	9.83
2. Rory McIlroy	NIr	8.68
3. Lee Westwood	Eng	8.11
4. Tiger Woods	USA	7.73
5. Webb Simpson	USA	6.61
6. Bubba Watson	USA	6.19
7. Jason Dufner	USA	5.76
8. Matt Kuchar	USA	5.73
9. Justin Rose	Eng	5.61
10. Hunter Mahan	USA	5.29
11. Graeme McDowell	NIr	5.12
12. Adam Scott	Aus	5.06
13. Steve Stricker	USA	4.77
14. Martin Kaymer	Ger	4.70
15. Dustin Johnson	USA	4.66
16. Phil Mickelson	USA	4.60
17. Zach Johnson	USA	4.49
18. Charl Schwartzel	SAf	4.44
19. Rickie Fowler	USA	4.40
20. Louis Oosthuizen	SAf	4.39
21. Jason Day	Aus	4.29
22. Sergio Garcia	Esp	4.09
23. Keegan Bradley	USA	3.82
24. Bill Haas	USA	3.81
25. Bo Van Pelt	USA	3.80
26. Peter Hanson	Swe	3.70
27. Ian Poulter	Eng	3.67
28. Francesco Molinari	Ita	3.67
29. Brandt Snedeker	USA	3.65
30. Nick Watney	USA	3.58
31. Paul Lawrie	Sco	3.53
32. Jim Furyk	USA	3.36
33. David Toms	USA	3.32
34. K.J. Choi	Kor	3.23
35. Nicolas Colsaerts	Bel	3.19
36. Martin Laird	Sco	3.10
37. Thomas Bjorn	Den	3.08
38. John Senden	Aus	3.07
39. Carl Pettersson	Swe	3.00
40. Ernie Els	SAf	3.00

CYCLING

TOUR DE FRANCE

At Besancon, France
Ninth Stage
A 25.8-mile individual time trial from Arc-et-Senans to Besancon

1. Bradley Wiggins, Britain, Sky Procycling, 51 minutes, 24 seconds; 2. Chris Froome, Britain, Sky Procycling, 35 seconds behind; 3. Fabian Cancellara, Switzerland, RadioShack-Nissan, :57; 4. Tejay Van Garderen, United States, BMC Racing, 1:06; 5. Sylvain Chavanel, France, Omega Pharma-QuickStep, 1:24; 6. Cadel Evans, Australia, BMC Racing, 1:43; 7. Peter Velits, Slovakia, Omega Pharma-QuickStep, 1:59; 8. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:07; 9. Denis Menchov, Russia, Katusha, 2:08; 10. Andreas Kloeden, Germany, RadioShack-Nissan, 2:09.

11. Maxime Monfort, Belgium, RadioShack-Nissan, 2:15; 12. Tony Martin, Germany, Omega Pharma-QuickStep, 2:16; 13. Haimar Zubeldia, Spain, RadioShack-Nissan, 2:20; 14. Rui Costa, Portugal, Movistar, 2:22; 15. Janez Brajkovic, Slovenia, Astana, 2:26; 16. Jens Voigt, Germany, RadioShack-Nissan, 2:44; 17. Lieuwe Westra, Netherlands, Vacansoleil-DCM, 2:45; 18. Tony Gallopin, France, RadioShack-Nissan, 2:46; 19. Jeremy Roy, France, FDJ-Big Mat, 2:52; 20. Jerome Coppel, France, Saur-Sojasun, 2:54.

Also
26. Jurgen Van den Broeck, Belgium, Lotto Belisol, 3:09; 44. Frank Schleck, Luxembourg, RadioShack-Nissan, 4:32.

Overall Standings

1. Bradley Wiggins, Britain, Sky Procycling, 39 hours, 9 minutes, 20 seconds; 2. Cadel Evans, Australia, BMC Racing, 1:53 behind; 3. Chris Froome, Britain, Sky Procycling, 2:07; 4. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 5. Denis Menchov, Russia, Katusha, 3:02; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 3:19; 7. Maxime Monfort, Belgium, RadioShack-Nissan, 4:23; 8. Tejay Van Garderen, United States, BMC Racing, 5:14; 9. Jurgen Van den Broeck, Belgium, Lotto Belisol, 5:20; 10. Nicolas Roche, Ireland, France, AG2R La Mondiale, 5:29.

AUTO RACING

WORLD TOUR RANKINGS

ATP

SINGLES

1. Roger Federer, Switzerland, 11,075 points; 2. Novak Djokovic, Serbia, 11,000; 3. Rafael Nadal, Spain, 8,905; 4. Andy Murray, Britain, 7,460; 5. David Ferrer, Spain, 5,430; 6. Jo-Wilfried Tsonga, France, 5,230; 7. Tomas Berdych, Czech Republic, 4,515; 8. Janko Tipsarevic, Serbia, 3,215; 9. Juan Martin del Potro, Argentina, 3,180; 10. Nicolas Almagro, Spain, 2,605.

Also
23. Milos Raonic, Thornhill, Ont., 1,540

WTA

SINGLES

1. Victoria Azarenka, Belarus, 8,800 points; 2. Agnieszka Radwanska, Poland, 8,530; 3. Maria Sharapova, Russia, 8,370; 4. Serena Williams, U.S., 7,360; 5. Sam Stosur, Australia, 6,195; 6. Petra Kvitova, Czech Republic, 5,275; 7. Angelique Kerber, Germany, 5,170; 8. Caroline Wozniacki, Denmark, 4,091; 9. Sara Errani, Italy, 3,410; 10. Marion Bartoli, France, 3,400.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	18	10	5	3	23	17	33
D.C. United	18	10	5	3	34	22	33
New York	18	9	5	4	32	27	31
Chicago	18	8	6	4	21	21	28
Houston	18	6	5	7	22	24	25
Columbus	16	6	6	4	17	17	22
New England	17	6	7	4	24	22	22
Montreal	20	6	11	3	27	36	21
Philadelphia	16	5	9	2	18	18	17
Toronto	17	2	11	4	18	33	10

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	19	11	4	4	36	24	37
Real Salt Lake	20	11	6	3	31	21	36
Vancouver	18	8	4	6	19	19	30
Seattle	19	8	5	6	23	19	30
Los Angeles	19	7	10	2	28	29	23
Colorado	18	7	10	1	25	24	22
Chivas USA	17	5	7	5	11	18	20
Portland	17	5	8	4	16	24	19
Dallas	19	3	9	7	17	27	16

Note: Three points for a win, one for a tie.
Sunday's results
Montreal 2 Columbus 1
Philadelphia 3 Toronto 0
Los Angeles 2 Chicago 0
New England 2 New York 0
Wednesday's game
Vancouver at Toronto, 7 p.m.
Saturday, July 14
Montreal at Philadelphia, 7 p.m.
Toronto at New England, 7:30 p.m.
Kansas City at Columbus, 7:30 p.m.
Vancouver at Chicago, 8:30 p.m.
Dallas at Colorado, 9 p.m.
Real Salt Lake at San Jose, 10:30 p.m.
Los Angeles at Portland, 11 p.m.

NASL

Saturday's results
Fort Lauderdale 3 Carolina 3
Edmonton 1 Puerto Rico 1
Atlanta 2 Minnesota 0
Wednesday's game
San Antonio at Puerto Rico, 7:30 p.m.
Thursday's game
Tampa Bay at Minnesota, 8:30 p.m.
Saturday, July 14
Puerto Rico at Atlanta, 7:30 p.m.
San Antonio at Fort Lauderdale, 7:30 p.m.
Sunday, July 15
Tampa Bay at Edmonton, 4 p.m.

CSL

Sunday's results
Brampton 4 York Region 4
Mississauga 2 Montreal Impact Academy 2
Waterloo 1 Toronto Croatia 0
Friday, July 13
Niagara at SC Toronto, 8 p.m.
Waterloo at Mississauga, 8 p.m.
York Region at TFC Academy, 8 p.m.
Kingston at Serbian White Eagles, 9 p.m.
Saturday, July 14
London at Windsor, 7:15 p.m.
Sunday, July 15
TFC Academy at Brampton, 3 p.m.
Serbian White Eagles at North York, 4:30 p.m.
Mississauga at York Region, 6:30 p.m.
Niagara at Brantford, 7 p.m.
SC Toronto at Windsor, 7:15 p.m.
St. Catharines at Toronto Croatia 8 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	2	1	1	0	54	55	2
Montreal	2	1	1	0	51	68	2
Winnipeg	2	0	2	0	46	74	0
Hamilton	2	0	2	0	52	82	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	60	17	4
B.C.	2	2	0	0	72	52	4
Calgary	2	1	1	0	74	49	2
Edmonton	2	1	1	0	20	32	2

WEEK TWO
Sunday's result
Saskatchewan 17 Edmonton 1
Saturday's result
Toronto 39 Calgary 36
Friday's results
B.C. 39 Hamilton 36
Montreal 41 Winnipeg 30
WEEK THREE
Thursday's game
Calgary at Montreal, 7:30 p.m.
Friday's game
Winnipeg at Edmonton, 9 p.m.
Saturday, July 14
B.C. at Saskatchewan, 3 p.m.
Toronto at Hamilton, 7 p.m.
WEEK FOUR
Wednesday, July 18
Winnipeg at Toronto, 7:30 p.m.
Thursday, July 19
Saskatchewan at Calgary, 9 p.m.
Friday, July 20
Edmonton at B.C., 10 p.m.
Saturday, July 21
Montreal at Hamilton, 7 p.m.

AUTO RACING

NASCAR

SPRINT CUP

MONEY LEADERS
Through July 7
1. Jimmie Johnson, $4,609,506
2. Matt Kenseth, $4,566,914
3. Tony Stewart, $3,865,010
4. Denny Hamlin, $3,673,618
5. Kyle Busch, $3,450,417
6. Greg Biffle, $3,404,033
7. Dale Earnhardt Jr., $3,385,525
8. Kevin Harvick, $3,138,118
9. Brad Keselowski, $3,122,260
10. Carl Edwards, $2,921,912
11. Jeff Burton, $2,891,995
12. Jeff Gordon, $2,857,446
13. Martin Truex Jr., $2,853,855
14. Ryan Newman, $2,842,682
15. Clint Bowyer, $2,771,170

NATIONWIDE

MONEY LEADERS
Through July 6
1. Ricky Stenhouse Jr., $749,253
2. Elliott Sadler, $586,973
3. Austin Dillon, $548,759
4. Cole Whitt, $422,483
5. Michael Annett, $416,303
6. Justin Allgaier, $413,138
7. Sam Hornish Jr., $411,748
8. Joey Logano, $403,600
9. James Buescher, $399,649
10. Brian Scott, $394,363
11. Danica Patrick, $374,072
12. Tayler Malsam, $370,338
13. Brad Keselowski, $370,035
14. Kurt Busch, $360,205
15. Jason Bowles, $359,533

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

Parise, Suter wild for Minnesota

NHL. Wild hope signings are the tip of the iceberg in attracting talent to mid-market team

Minnesota has never been "flyover country" to Zach Parise.

The star forward grew up there, honed his hockey skills there and built a house there to make sure his roots remain in Minnesota for the long term. Yet even in hockey-mad Minnesota, where the passion for the sport may only be rivaled by the country on its northern border, the Twin Cities has always been considered a medium-sized market that doesn't have enough sizzle to lure the biggest names in the game.

When Parise and fellow blue-chip free agent Ryan Suter decided to sign matching 13-year, $98 million contracts with the Wild, part of their aim was to turn Minnesota into a destination for the best pros in the league.

"I think at the end of the day, hopefully, with Ryan and I coming here, good players want to play with good players," Parise said Monday when he was introduced along with Suter at a press conference. "Hopefully that helps influence some people if they need some and we have a lot of friends around the league so hopefully that will help, too."

In the days since the big signings, fans have burned up the phone lines, gobbling up nearly 2,000 season tickets and buying every piece of memorabilia with "Parise" or "Suter" on it that they can get their hands on. THE ASSOCIATED PRESS

Quoted

"I think Minnesota *is* a big-time market. I think it's going to get even bigger."
Ryan Suter

New Minnesota Wild players Zach Parise, left, and Ryan Suter are introduced during a press conference on Monday in St Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

NHL

Sharks hire Hall of Famer Robinson

The San Jose Sharks hired Hall of Fame defenceman and former Stanley Cup-winning coach Larry Robinson as associate coach on Monday.

The Sharks had been looking to add a former player who could help the penalty-kill unit to the staff, and Robinson fit the bill with his vast experience on the ice and as a coach. Robinson was head coach with Los Angeles and New Jersey, winning a Stanley Cup with the Devils in 2000.

THE ASSOCIATED PRESS

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14 Border
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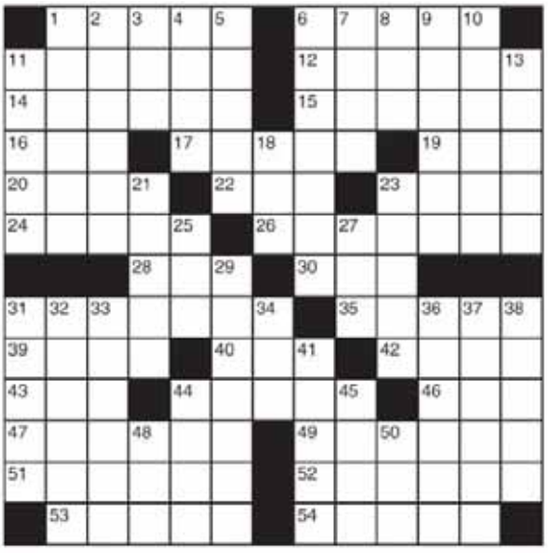
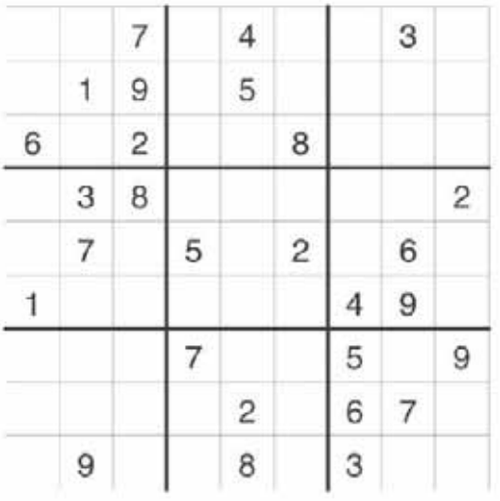
16 Altar affirmative
17 Windborne deposit
19 Listening device
20 Blue hue
22 First lady
23 Initial stake
24 Show philanthropy
26 Warned
28 Lettuce variety
30 Retainer
31 Less logical
35 Boutonniere site
39 Drudgery
40 Light beam
42 South American capital
43 Summer on the Seine
44 Push away
46 After taxes
47 Swallow's cousin
49 Shopper's venue
51 Walked proudly
52 Napoleon's realm, e.g.
53 Enthusiastic
54 Phone book data

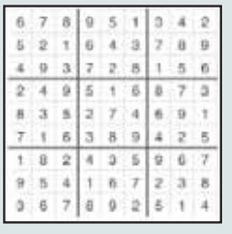
Down
1 Sluggish
2 Progress
3 Journal
4 Seed coating
5 Hiawatha's carrier
6 That guy, to that guy
7 History chapters
8 Craggy peak
9 Straight
10 Jesus' condemner
11 Hit
13 Wrapped in a waxy cloth
18 Zsa Zsa's sister
21 Resident
23 "... with — live girl"
25 Triumphed
27 Wet wriggler
29 More tranquil
31 Particulars
32 Write symbolically
33 Mountain range
34 Eminem's genre
36 Ring site
37 Eastern potentates
38 Starbucks order
41 Red Sea country
44 Amusement-park attraction
45 Odgen Nash's priest
48 Dress (up)
50 Tachometer reading (Abbr.)





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

F B Y ' L V E B T S V L K T R E D P Z
D K A H P U B L K Z V P A K P T H B B S
K A ? K ' U V P W L V P S F Z B W S

F B Y Z D P K P T S Z D P K P R P K T !

Yesterday's Cryptoquip: WHEN A SUPER-ROBOT IS CREATED THAT PLOWS LAND, WILL IT BE AN AUTOMATED TILLER MACHINE?

Today's Cryptoquip Clue: U equals V

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Horoscope

Aries | March 21 - April 20. Forget the past. It is over and done with. You can, however, resolve to make today (and tomorrow) better than yesterday and the day before.

Taurus | April 21 - May 21. You have been a bit too out of touch with reality lately — which is not like you at all. Maybe it's time to remember that, as a Taurus, you should be more practical than most.

Gemini | May 22 - June 20. If you feel you are heading down a path that is not right for you, there is still time to stop and go back the way you came or even take a different path entirely. You are in control.

Cancer | June 21 - July 22. The Sun in your sign means this is an excellent time for you on so many levels. But it's also a tiring one, so be kind to yourself today.

Leo | July 23 - Aug. 22. The Sun's entry into your birth sign this month, will make you feel alive. Before then, you need to fix some things, not least a relationship.

Virgo | Aug. 23 - Sept. 22. You can't always do what you would like to do, but that doesn't matter. What counts is that you do what you have to do to the best of your ability.

Libra | Sept. 23 - Oct. 22. Yes, of course, other people can be annoying, and deceitful, but you don't have to react in the same way. Rise above petty squabbles today, and every day.

Scorpio | Oct. 23 - Nov. 21. You may be serious by nature but there is something you would be the first to admit you have been taking too lightly. You know what it is and what needs to be changed.

Sagittarius | Nov. 22 - Dec. 21. Be tolerant of those who see things from a different angle. They are as entitled to their opinions as you are to yours. Diversity is good.

Capricorn | Dec. 22 - Jan 20. You will have to work hard to stay friends with someone who has been giving you a hard time. Is it worth it?

Aquarius | Jan. 21 - Feb 18. There will be a change of emphasis in your outlook over the next 24 hours. While before you were interested only in your work and career, now you will be interested in relationships too.

Pisces | Feb. 19 - March 20. Start thinking along more practical lines. Dare to dream but make sure that your dreams are doable. What can you change today from an idea into reality? **SALLY BROMPTON**

Caption Contest

"Three heads are better than one."
Monica

RAJANISH KAKADE/ THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

NEED A RIDE?
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Swimwear and Chiffon

Meet Cassie.

Cassie, part Peruvian, part Italian, is a California-born, Texas-raised artist who lives in the Silverlake area of Los Angeles making paintings, sculptures and videos. She is wearing the Chiffon Tank and the new Lemons print High-Waist Swim Brief.

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